



SPECIAL FEATURES:

Which is Worse: Sugar or High Fructose Corn Syrup
By Dani Lebovitz

IN SEASON: Local Produce Recommendations for Summer
By Dani Lebovitz

Iliotibial Band (IT-Band) Syndrome Prevention
By Greg Reynolds

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HAWC Telegraph

UNITED STATES AIR FORCE

JULY—SEPTEMBER 2012

Building 827 Robins AFB, GA 31098 (478) 327-8480, 78 MDG/SGPZ

Mission enhancement through a healthy community

HAWC classes are available to Active Duty, Reservist/Guard, Retired military, their dependents, DOD civilians and contractors at no cost to you.

Classes are limited and **ALL CLASSES REQUIRE PRE-REGISTRATION.**

For information/registration by the HAWC staff please call 478-327-8480.

HAWC Telegraph and more HAWC information can be located on www.robins.af.mil.

HAWC hours of operation are 0700-1600 Monday-Friday, closed on weekends and federal holidays.

Check out and “Like” our FACEBOOK page: “Robins AFB Health and Wellness Center (HAWC)”

PROFESSIONAL STAFF:

Stuart Bapties—Director

Capt. Christine Ainsworth—Nurse Educator

SSgt. Jason Bailey—NCOIC

Nikki Hernandez —Health Educator

Greg Reynolds—Exercise Physiologist

Dani Lebovitz—Health and Fitness Specialist



Which is Worse: Sugar or High Fructose Corn Syrup

High Fructose Corn Syrup (HFCS) has been in the news a lot recently with the Corn Refiners Association petitioning to change the name of HFCS to a more friendly term of “corn sugar.” Last month the Food and Drug Administration (FDA) denied that petition primarily because of the physical form of the sweetener (liquid vs crystalline structure) and the term “corn sugar” which has been used to identify dextrose, a solid form of corn sweetener, for over 30 years that, if changed, may harm consumers especially those with a hereditary

fructose intolerance.

With all this hype we come back to the question, which is worse: sugar or high fructose corn syrup?

The truth is that there is a lot of misinformation surrounding HFCS and sugar. Much of the confusion stems from a public relations battle between big sugar and corn companies. Here are some facts:

- Both sugar and HFCS are glucose. Sugar is 50% glucose and 50% fructose while HFCS is 45% glucose and 55%

fructose. According to a 2008 report by the American Medical Association, the idea that HFCS is the primary culprit of obesity is false. Rather, the intake of highly sweetened foods either from sugar or HFCS are contributing factors to obesity.

- Though HFCS is derived from corn, in order to make HFCS, the chemical structure is manipulated therefore making it more processed than sugar.

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Current Classes Offered

DIABETES SELF MANAGEMENT

This class provides education and training concerning the nutritional management of diabetes through healthy food choices.

Class Date & Time

July 9, 23 - 0830-1030

Aug 6, 20 - 0830-1030

Sept 17 - 0830-1030
10 - 1400-1600



HEALTHY HEART



This class informs on the dangers of high cholesterol and high blood pressure. Participants will learn how to lower cholesterol and blood pressure through positive life style changes and the DASH diet..

Class Time 0800-1000

Class Dates for the Quarter:

July 16, 2012

Aug 13, 2012

Sept 10, 2012

DIABETES SEMINAR

This class is designed to educate participants on the over-all management of diabetes. Presentations will be made from Disease Management, Dental, Registered Dietitian, Optometry, Life Skills, Physical Therapy and Family Medicine.

July 30, 2012
0900-1600

BLOOD PRESSURE SCREENING

Blood pressure screenings are available any time during duty hours (0700-1600) at the HAWC.



Blood Pressure Log Book
available upon request

PERFORMANCE NUTRITION

Ready to learn how to fuel your body for performance? In this program you will learn nutrition for energy management for optimized metabolism and peak performance. This class is designed for our active duty, Guard and Reserve warrior athletes and anyone who wants more energy each day!

Class Time 1000-1100

Class Dates for the Quarter:

July 11, 25, 2012

Aug 8, 22, 2012

Sept 12, 2605252008



Commissary Tours

July 18, 2012—1100-1200

Aug 15, 2012—1100-1200

Sept 19, 2012—1100-1200

HEALTHY WEIGHT

This three week class is designed to educate participants on a wide variety of topics including healthy food choices, portion sizes and weight loss.

Class Time 1100—1200, Thursday

Class Dates for the Quarter:

July 12, 19, 26, 2012

Aug 2, 9, 16, 2012

Sept 6, 13, 20, 2012



TOBACCO CESSATION

This 3 week session provides education and support to clients that desire to quit using tobacco. The 4th week is a Support Group for those that want to attend. Program includes the use of prescription medications such as Chantix and Nicotine Patches.

Class Times 1100-1200 or 1630-1730

Class Dates for the Quarter:

July 11, 18, 25, 2012 1100-1200

Aug 1, 8, 15, 2012 1100-1200 and 1630-1730

Sept 5, 12, 19, 2012

WALK-TO-RUN PROGRAM

This hands-on beginner or post rehabilitative program is designed to safely prepare you for progression to intermediate running programs. It is specifically designed to properly build a running base for progression to other higher intensity run training programs that are important for improving run speed and performance. **This is a 10 week program and will meet on Tuesdays and Thursdays from July 24, 2012 through September 27, 2012.**

Class Time 0800-0900

RUNNING IMPROVEMENT PROGRAM (RIP)

This four week program is designed for the runner who has a good base or foundation in running. You will further enhance or improve running form and technique as well as learn drills and exercises to work on key elements of running. This course will also help you understand and experience speed, interval, and pace training techniques that will certainly improve your run PT times! **This class will meet on Monday, Wednesday and Friday (must attend all classes).**

Class Time 0800-0900

Class Dates for the Quarter:

July 9—Aug 3

Aug 6—Aug 31

Sept 10—Oct 5

WEIGHT LOSS PROGRAM

This **10 week class** meets 3 times a week over lunch time and is designed to educate participants on physical activity and a variety of nutrition topics to promote optimal weight loss. This program is both an educational and hands on approach to weight loss which will include one day a week of in-class instruction and two days a week of physical activity. **Please only sign up for this class if you plan on devoting three days a week (Monday, Tuesday, Thursday) from July 23, 2012 to September 27, 2012**

BE WELL

The Air Force (AF) **BE WELL** program is designed to help individuals seeking to improve their health and fitness by providing general information on physical activity and nutrition through classroom discussions and Workbook activities. This program helps participants identify personal goals along with ways to make behavioral changes to meet those goals. The course is open and encouraged for all active duty and is required by some AF personnel as addressed in AFI 36-2905, *Fitness Program*.

Class Time 0800-1100

Class Dates for the Quarter:

July 3, 10, 17, 24, 31, 2012

Aug 7, 14, 21, 28, 2012

Sept 4, 11, 18, 25, 2012

BE WELL PRACTICE 1.0 MILE WALK TEST

This class is designed to help those who are on a profile and are required to complete the 1.0 Mile Walk test for their PT test. This class will conduct a practice test to determine your current score and provide tips and techniques on how to improve.

Class Time for this program is 0900-1000 every Thursday

PTL Just In Time Training

This class is a prerequisite in order to become a fitness testing official with the Fitness Assessment Cell. Members are required to have and maintain CPR certification and a passing PT assessment.

Class Time 1300-1500

Class Dates for the Quarter:

July 25, 2012

Aug 29, 2012

Sept 26, 2012

**PHYSICAL TRAINING LEADER (PTL)**

The initial Physical Training Leader (PTL) class is an all day (8 hours) course designed to teach the basic concepts for safe and effective exercise programs, as well as the administration of the Air Force Physical Training Test. Topics covered include, but are not limited to: Exercise training principles/concepts, exercise technique, injury prevention strategies, and class design. Members are required to have and maintain CPR certification and a passing PT assessment.

Class Time 0700-1600

Class Dates for the Quarter:

July 30, 2012

Aug 27, 2012

Sept 24, 2012

PHYSICAL TRAINING LEADER REFRESHER (PTL)

The refresher Physical Training Leader (PTL) class is 3 hour course designed to reinforce and build on the basic concepts from the initial course. Lecture will go more in depth in regards to training principles, concepts, and exercise science. Members are required to have and maintain CPR certification and a passing PT assessment.

Class Time 0900-1200

Class Dates for the Quarter:

July 20, 2012

Aug 17, 2012

Sept 21, 2012

Maternal and Child Programs

HEALTHY PREGNANCY

This class is for pregnant women and new mothers who want to reap the many health benefits of exercising. Will include how your body changes, adapted strength exercises, complete prenatal and postpartum exercises, essential flexibility exercises, special relaxation exercises and safety guidelines.



Class Time 1300-1500
Class Dates for the Quarter:
July 10, 2012
Aug 7, 2012
Sept 4, 2012

CHILDBIRTH EDUCATION CLASS

A 4 week course designed for expectant mothers and their coaches at 28 weeks or greater. Participants learn what to expect during childbirth and receive a tour of the Women's Center.

Class time is 1800 - 2000

Class Dates are:

July 9, 16, 23, 30, 2012

Aug 6, 13, 20, 27, 2012

Sept 10, 17, 24 & Oct 1, 2012



Who: Elementary school aged kids, grades K-6

What: 30min of healthy nutrition education and 30min of fun physical activity including parachute games, sports, jump ropes, bean bags and so much more!!!

When: July 9-13, 2012 from 1300-1400, Youth Center
August 6-10, 2012 from 1300-1400, HAWC

Where: Youth Center and Health and Wellness Center, Building 827

How: Call the HAWC at 327-8480 to register!

Cost: FREE

The CATCH (Coordinated Approach to Child Health) Kids Club is a physical activity and nutrition education program designed for elementary school age children to promote health. During Spring Break Robins HAWC will be hosting a CATCH Kids Club at the Youth Center for all kids with base access. Space is limited so call to reserve your child's spot today!



You **MUST** Pre-Register your children as spaces are limited.



Sponsored by:



Who's in charge at your house?

Surviving Your Adolescents

Adolescents Don't Have To Drive You Crazy!

How to Manage and Let Go of Your 13-18 Year Old

Friday, October 19, 2012 1300-1600

Family Advocacy Conference Room, Building 700

To register call: 327-8398

1-2-3 MAGIC

Effective Discipline for Children 2-12

Humorous look at parenting. Serious look at discipline!

Learn an amazingly simple technique to get the kids to STOP doing what you don't want them to do and START doing what you do want them to do in just two sessions!

Saturday, Sept 29th & Oct 6th, 2012

0900 - 1300

Presented by:

Robins AFB Family Advocacy & Program and Rainbow House CRC

CALL TO REGISTER

327-8398 OR 923-5923

Light beverages and snacks

SORRY - No children



IN SEASON:

Local Produce Recommendations for Summer

Did you know that one out of every seven Georgians works in agriculture, forestry or a related job sector? As a humid, subtropical climate with mild winters and a variety of soil types, Georgia is a perfect state to produce a diverse variety of crops, and it does! What that means is you do not have to go very far for fresh, local produce which not only tastes better, but is also better for the environment too! This summer try some locally grown fruits and vegetables in season and tantalize those taste buds!

Fruits to Taste

Apples, Jul - Nov
Blueberries, May - Aug
Cantaloupes, Jun - Aug
Grapes, Jun - Oct
Muscadines, Jul - Nov
Nectarines, May - Aug
Peaches, May - Aug
Pears, Aug - Nov
Plums, Jul - Aug
Tomatoes, Jun - Oct
Watermelons, Jun - Sept



Vegetables to Sample

Beans, May - Oct
Cabbage - May - Sept
Corn, Jun - Jul
Cucumbers, Jun - Aug
Edamame, Jun - Sept
Eggplant, Jun - Oct
Garlic, May - Oct
Okra, May - Oct
Onions, Mar - Nov
Peanuts, Aug - Nov
Peas (Field), May - Oct
Pecans, Sept - Dec
Peppers, Jun - Sept
Potatoes, May - Aug
Pumpkins, Sept - Nov
Sweet Potatoes, Jul - Nov
Squash, May - Oct
Zucchini, May - Oct



There are several farms around Middle Georgia you can visit and purchase your produce. Also, Warner Robins has its very own Farmer's market every Thursday from 1500-1900 at Perkins Field, 105 Mulberry St - Corner of Mulberry St & Watson Blvd - across the street from Robins Federal Credit Union. By supporting local farmers you are supporting the health of your local economy, the health of your community, and the health of your family.

Shop Local. Eat Local. Live Healthy.



International City Farmers' Market

105 Mulberry St - Corner of Mulberry St & Watson Blvd (In front of Perkins Field)

Thursdays 3pm - 7pm April through December

The market accepts debit, credit, and EBT (Double Your EBT \$1 = \$2)

*Shopping List:
Eat more fresh fruits, vegetables and other locally-farmed
goods like dairy, eggs and meats found at these weekly markets.
Health doesn't have to be hard!*



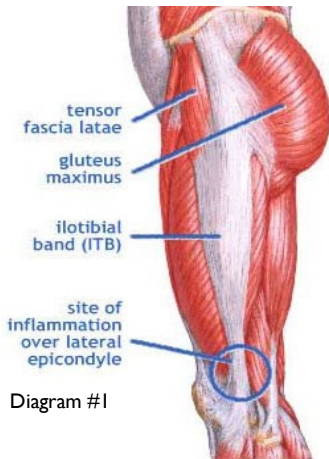
What We Do:

- Support local growers and locally-owned, independent businesses
- Enhance community spirit
- Promote eating healthy whole foods and physical activity

For current events and information check call Jodi Daley at 478-225-7626. You can also "Like" us on Facebook

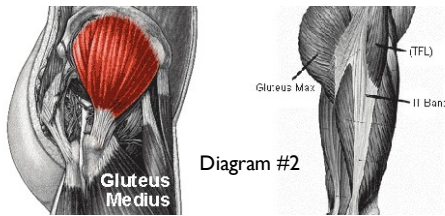
<http://www.facebook.com/#!/InternationalCityFarmersMarket>

Iliotibial Band (IT-Band) Syndrome Prevention



Iliotibial band syndrome (ITBS) is generally accepted as the most common running injury, which usually affects the lateral aspect (outside) of the knee (1). The Air Force and its history of “just run more” attitude towards fitness have definitely seen its share of IT-band issues. ITBS is typically caused by overuse and results in inflammation and irritation of lower portion of the iliotibial tendon (see diagram #1) as it rubs against the underlying bony structures of the knee and less commonly the hip (2).

An overactive/overused tensor fascia latae (TFL) resulting in a lack of flexibility in this muscle can result in an increase in tension if the IT-band, particularly during the stance phase of running (2). A key element to remember in the development of this overactive TFL is due to weakness in the hip abductor muscles, such as the gluteus medius (see diagram #2).

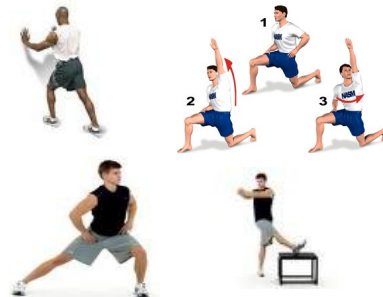


Now that you have a basic understanding of IT-band syndrome, one fitness strategy used to prevent this issue is to keep this tightness/weakness situation from developing, because it may create other issues. In corrective exercise, we like to address mobility/stability issues with joints above (hip) and below (ankle) of the joint we are trying to correct/protect (the knee in this case). It is also important that this is accomplished in a specific order. It is recommended be evaluated and have a program developed specific to you. An example of a typical program may look like this:

Step 1: Foam Roll 30 secs each



Step 2: Stretch 30 secs each



Step 3: Activation exercises; 1-2 sets 10-15 reps



Step 4: Functionally integrate (ball squat); 1-2 sets 10-15 reps



It is of significant importance that you know how to do all of these exercises correctly! All of these exercises and the sequencing of exercises have an important role in the overall effectiveness. Ensuring that you are following a progressive run program allowing the body to properly adapt is also of significance since this issue is generally due to overuse. If you have questions contact the Health and Wellness Center at 497-8480 for more information.

References:

Lavine, R. Iliotibial Band Friction Syndrome. Curr. Rev. Musculoskelet Med 2010; 3:18-22
National Academy of Sports Medicine (NASM) Essentials of Corrective Exercise Training 2011; p. 269-271

The Scoop on Energy Drinks

Recently, the Air Force Times published an article on the possible health consequences of energy drinks or shots (www.AirForceTimes.com/OFFduty). As the pace of daily life grows faster and more intense, many find that they need a little extra energy to focus and make it through the day. Previously, most people would reach for coffee, tea, or soda to give an afternoon boost. Now the



options are vast and include "energy" drinks in cans and shots. These drinks typically contain caffeine, taurine, carnitine, carbohydrates, vitamins, and herbal supplements. But do you know what you are really getting? According to a study at the Cedar Sinai Medical Center, "One reason consumers drink energy drinks is to prolong wakefulness and maintain alertness. Unbeknownst to many consumers, consequences of drinking energy drinks include excessive daytime

sleepiness and reduced reaction time, negating the short-term effects." So a short-term burst of energy may leave you feeling even more tired, requiring more energy drink to bring you back. The energy drink cycle continues and may be difficult to stop. The need to consume more energy drinks to get the same effect can be dangerous when the ingredients include large doses of vitamins. So what can we do?

Less screen time and more rest....Think you don't have time to get more sleep? Try one less hours of television or computer use...you will feel more rested and may not even miss it.

Increase exercise...exercise is a great way to amp up your afternoon and keep you feeling alert.

Better nutrition...fruits and vegetables give natural energy and many other health benefits.

Which is Worse: Cont.

For those who prefer a more natural product, sugar is the better option.

- When comparing the possible health advantages to various caloric sweeteners, a 2009 study in the American Journal of Clinical Nutrition compared the health benefits of various sugar and sugar alternatives such as raw cane sugar, maple syrup, agave nectar, molasses, honey, and date sugar. This study revealed that HFCS, table sugar, and agave nectar to name a few, had zero antioxidant power. The only two health promoting sweeteners with antioxidant properties were date sugar and molasses.

Without clear differential evidence that identifies HFCS as the cause for adverse health outcomes such as obesity, it is important to understand that all caloric sweeteners pose the risk of increasing the waistline and affecting your health. The take home message is to limit consumption of all added caloric sweeteners; moderation is key!

MOVE into Fitness

WHAT: HAWC RUN/WALK ON 5K TRAIL

WHEN: MON, WED, FRI
0800 AND 1430
02 MAY—31 AUGUST

WHERE: FRONT OF HAWC, NATURE TRAIL



MOVE into fitness with friends and co-workers! Earn a MEDAL and a MOVE Into Fitness Certificate for completing 25 walks out of 53 throughout the summer! **Be sure to sign in at the HAWC Front Desk!**

Top Male and Female point earners will win a trophy! Participants can earn one point per walk and one point per pound lost during the course of the program. If your goal is to earn the trophy, stop by the HAWC 02-04 May 2012 for **weigh-in** and 27-31 August 2012 for **weigh-out** between 0800-1530. Weight-in is not necessary for winning the medal.

Remember to stay hydrated! A golf cart with water will be available during the afternoon walks.



Scheduling for Sanity

Time can be a scarce commodity in the workplace. Often, you have to balance dozens of projects while adhering to the unforgiving deadlines of each. Trying to do too much can cause anyone to become more anxious, less productive, and physically exhausted. However, there is a simple cure: effective scheduling.

Scheduling is a process of planning to accomplish goals or projects. A major cause of stress is trying to take on too many projects at once, without having enough time to finish them. Creating a schedule to balance project demands is a first step toward relieving some of the inherent stress of the workday.

A well-constructed schedule brings consistency and allows you to dedicate the most time to the most pressing priorities. At the same time, schedules still allow you to spend time on lower priority items so they don't fall through the cracks. Here is some advice for keeping and maintaining a schedule to stay sane:



Use a Scheduling Tool

An effective schedule must be something tangible that is easy to refer back to. There is no way employees can mentally track all of their responsibilities – that is how they lose track of appointments and deadlines. Instead, have a schedule that is either written or electronic so it will be easier to keep track of.

A scheduling tool can appear in any format – from a sophisticated piece of software to a well-maintained legal pad – as long as it is comfortable and enables you to manage time and projects accurately.

Plan Ahead

To be a smart scheduler, get in the habit of scheduling consistently. Setting up a daily schedule on only the busiest days won't do much good. Instead, set up a schedule at the start of each week or month to identify the long-term projects that need the most attention. From there, set aside manageable time blocks during each day, focused on the central goal, and construct the rest of your schedule around these high-priority projects. Also, pretend all major projects and presentations must be finished 24 hours

before they are due, to allow for a final review or any last-minute adjustments.

Add Extra Time for Each Task

One of the greatest factors of successful scheduling is being realistic about the amount of time you have to complete a project. Never assume it is feasible to complete any task faster than it can realistically be completed, or it can throw off your schedule completely. In addition, always add 10-20% more time than expected for project completion, to account for unexpected distractions or unaccounted for travel time.



At Robins AFB:

Jamie Tillit 327-7577

Lynn Irvine 327-7683

The You Matter Campaign, Robins Integrated Delivery System (IDS) and the Central Georgia Coalition for Suicide Prevention present

Suicide Awareness 5K

in Conjunction with National Suicide Prevention Week

Museum of Aviation

7 September, 2012 at 0730



Please call SrA Sheldon at 327-8398 for more information or to register!



P.I.C.K. A PARTNER™

PREMARITAL INTERPERSONAL CHOICES & KNOWLEDGE

How To Avoid Falling in Love With a Jerk or Jerkette

IN 5 SESSIONS LEARN HOW TO:

- Identify the warning signs of a difficult partner
- Reduce the number of relationship mistakes
- Enjoy love without losing your heart and mind

Lunch Provided

Bldg 706 - The Refugee
(Airmen Ministry Center)
1100 to 1300

Aug 2, 9, 16, 23 & 30 2012
Call 327-8398 to sign up
REGISTRATION REQUIRED



Brought to you by Robins Airmen Ministry
Center and
Robins AFB Family Advocacy Program



PREP

“Prevention and Relationship Enhancement Program”

PREP is one of the most comprehensive and well respected divorce-prevention and marriage enhancing programs in the world. It is a skills and principles-building curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other. PREP is a prevention program designed for couples who are thinking about getting married, newlyweds and for couples who have been married for a long time.



All of us need to improve our skills when it comes to loving the most important people in our lives.

Friday – Sept 14, 2012

8:30 a.m. - 4:30 p.m.

Location: Airman & Family Readiness Center Bldg 794

REGISTER NOW ! LIMITED SEATING!

Family Advocacy Program at 327-8422



Weekend Marriage Enrichment Retreat

SPONSORED BY YOUR BASE CHAPEL

29 June – 1 July 2012 Callaway Gardens, GA



MarriageCare
Renewing Our Relationship

Mission

Taking Care of Air Force Families

Purpose

Provide couples an opportunity to
enhance their marriage

Method

“Family Life”-trained Air Force chaplains
equip couples with spiritually-based and
theoretically-sound principles



Love is Patient

Love is Kind

Love Never Fails



Airman & Family Readiness Center

Summer Calendar of Events

July 2012

5 Jul (Th)	1230-1600	Pre-Separation Briefing* (Retirees)
9-12 Jul (M-Th)	0800-1600	DoL TAP/VA Workshop
9 Jul (M)	0730-1600	First Term Airman Course: Resiliency*
10 Jul (Tu)	0730-1600	First Term Airman Course: Finances*
11 Jul (W)	1000-1100	Volunteer Resources
12 Jul (Th)	1230-1600	Pre-Separation Briefing* (Separates)
14 Jul (Sa)	0700-???	Deployed Spouse Event (Sam Shortline Train Ride)
16 Jul (M)	1300-1500	Interview with Confidence
17 Jul (Tu)	0800-1200	Bundles for Babies (Call 478-327-8389 to sign up)
17 Jul (Tu)	1300-1500	Starting a Small Business
18 Jul (W)	0800-1245	Right Start*
18 Jul (W)	1000-1100	Informed Decision*
18 Jul (W)	1400-1500	Credit Management
19 Jul (Th)	0900-1100	USAJOBS Resume Writing
19 Jul (Th)	1230-1600	Pre-Separation Briefing* (Retirees)
20 Jul (F)	0830-1430	Heart Link*
23 Jul (M)	0900-1100	Financial Beginnings* (First Term Officers Only)
24 Jul (Tu)	1300-1500	Writing a Business Plan
25 Jul (W)	0800-1245	Right Start
26 Jul (Th)	0900-1000	Navigating USAJOBS
26 Jul (Th)	1230-1600	Pre-Separation Briefing* (Separates)
30 Jul (M)	0730-1600	First Term Airman Course: Resiliency*
31 Jul (Tu)	0730-1600	First Term Airman Course: Finances*

*Denotes Military (Spouses Welcome)

ALL CLASSES REQUIRE PRE-REGISTRATION!

PLEASE CALL (478) 926-1256 OR DSN 468-1256 TO SIGN UP.

August 2012

DAV Medical Records Review Apps. Only
 Department of Labor, Fridays 0800-1630
 MFLC, Mon-Fri 0800-2000
 Pre-Deployment Briefings, Tues & Thur 1300
 Survivor's Benefit Plan, Mon-Fri 0730-1630

01 Aug (W)	1300-1500	Debt Reduction
02 Aug (Th)	1230-1600	Pre-Separation Briefing (Retirees)*
03 Aug (F)	1830-2100	Deployed Family Event (Lane Packing Company)*
07 Aug (Tu)	0900-1100	Writing a Winning Resume
07 Aug (Tu)	1300-1400	NCO Professional Education
08 Aug (W)	0800-1245	Right Start*
09 Aug (Th)	0900-1100	USAJOBS Resume Writing
09 Aug (Th)	1230-1600	Pre-Separation Briefing (Separates)*
13-16 Aug (M-Th)	0800-1600	DoL/TAP/VA Workshop
16 Aug (Th)	1230-1600	Pre-Separation Briefing (Retirees)*
20 Aug (M)	0730-1600	First Term Airman Course: Resiliency*
21 Aug (Tu)	0730-1600	First Term Airman Course: Finances*
21 Aug (Tu)	0800-1200	Bundles for Babies (Call 478-327-9398 to sign up)
22 Aug (W)	0800-1245	Right Start*
23 Aug (Th)	0900-1000	Navigating USA JOBS
23 Aug (Th)	1230-1600	Pre-Separation Briefing (Separates)*
29 Aug (W)	0900-1100	Financial Beginnings (First Term Officers)*
29 Aug (W)	1000-1100	Informed Decision
30 Aug (Th)	1230-1600	Pre-Separation Briefing (Retirees)*

